



Hot Chocolate in Coconut Milk (Chocolate en Leche de Coco)



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



632 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 7 oz chocolate sweet chopped
- ☐ 0.5 teaspoon coconut extract
- ☐ 2 cups coconut milk
- ☐ 3 cups milk
- ☐ 4 servings sugar to taste

Equipment

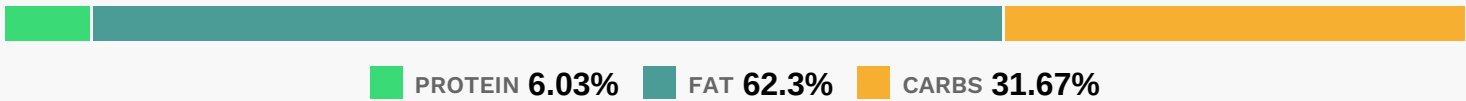
- ☐ sauce pan

- ☐ whisk
- ☐ blender

Directions

- ☐ Heat the milk in a saucepan on medium heat to just below the simmering point, add the coconut milk & chocolate. When the chocolate is melted, add the sugar and coconut extract.
- ☐ Whisk vigorously or transfer to a blender. Reheat gently and serve immediately.

Nutrition Facts



Properties

Glycemic Index:61.92, Glycemic Load:26.31, Inflammation Score:-5, Nutrition Score:15.593913114589%

Nutrients (% of daily need)

Calories: 631.92kcal (31.6%), Fat: 46.96g (72.25%), Saturated Fat: 34.74g (217.12%), Carbohydrates: 53.72g (17.91%), Net Carbohydrates: 50.99g (18.54%), Sugar: 46.4g (51.55%), Cholesterol: 21.96mg (7.32%), Sodium: 92.34mg (4.01%), Alcohol: 0.21g (100%), Alcohol %: 0.08% (100%), Caffeine: 32.74mg (10.91%), Protein: 10.22g (20.44%), Manganese: 1.12mg (56.11%), Phosphorus: 366.28mg (36.63%), Magnesium: 130.08mg (32.52%), Iron: 5.11mg (28.36%), Copper: 0.54mg (26.99%), Calcium: 257.52mg (25.75%), Vitamin B2: 0.37mg (22.03%), Potassium: 668.13mg (19.09%), Vitamin B12: 0.99µg (16.47%), Zinc: 2.13mg (14.19%), Vitamin D: 2.01µg (13.42%), Fiber: 2.73g (10.91%), Vitamin B1: 0.14mg (9.16%), Vitamin B5: 0.89mg (8.91%), Vitamin B6: 0.16mg (8.24%), Selenium: 4.94µg (7.05%), Vitamin B3: 1.25mg (6.23%), Vitamin A: 296.46IU (5.93%), Folate: 17.31µg (4.33%), Vitamin K: 3.67µg (3.5%), Vitamin E: 0.22mg (1.47%), Vitamin C: 1.13mg (1.37%)